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EVERY DAY, EAT THIS WAY

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EAT THIS WAY

USE FOODS FROM THESE GROUPINGS

U. S. Department of Agriculture

MILK (to drink or combined with other foods) at least 1 pt. for everyone, $1\frac{1}{2}$ pts. to 1 qt. for children.

Whole milk

Skim, evaporated, or dried.
Cheese

CITRUS FRUITS OR TOMATOES

At least one serving daily.

Oranges, Grapefruit,
Lemons, Tomatoes

Large servings of raw salad greens, such as chard, kale, spinach, turnip greens, watercress, and other thin dark leaves.

Raw cabbage,
Fresh Strawberries,
Cantaloupe.

GREEN OR YELLOW VEGETABLE

One big helping or more.
Some raw, some cooked.

Dark green leaves (interchangeable), turnip, dandelion or mustard greens, chard, watercress, spinach.

Asparagus (green)
Green Beans Escarole
Green Peas Broccoli
Green Peppers Okra
Brussel Sprouts

YELLOW

Carrots Squash (yellow)
Tomatoes Yellow Corn
Sweet Potatoes Yellow Turnips
also

Yellow fleshed fruits
Peaches Prunes
Apricots
Other yellow fleshed fruits.

OTHER VEGETABLES AND FRUIT

Vegetable -

fresh or canned
Any green or yellow vegetables or tomatoes
Beets Onions
Cauliflower Parsnips
Celery Sauerkraut
Lettuce Cucumbers

Fruits - fresh or canned

Apples Peaches
Applesauce Pears
Cranberries Rhubarb

Legumes

Navy beans Peas
Lima beans Lentils
Soy beans

Dried Fruits

Prunes Figs
Apricots Dates
Peaches Raisins

(over)

733 (2)

<u>MEAT(LEAN).</u>	<u>Lean muscle meat -</u>	Dried navy beans
<u>POULTRY OR FISH</u>	<u>any cut.</u>	Dried lima beans
Four servings weekly, :	<u>Organ Meats</u>	Dried soy beans
preferably one daily.	Liver Kidney	Dried peans
	Heart Other organs	Lentils
	<u>Poultry</u>	Nuts
	<u>Fish</u>	Include ample amounts of milk, cheese, and eggs when using foods of vege- table origin.
	Cod Halibut	
	Flounder Mackerel	
	Haddock Perch	

EGGS

At least 3 or 4 a week. Preferably one daily.	Cooked any way.	In "made" dishes
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<u>BREAD AND CEREAL</u>	<u>Cereals - uncocked</u>	<u>Cereals - prepared</u>
Whole grain products or enriched white bread and flour at every meal.	Oatmeal Brown Rice Wheat cereal Macaroni Cornmeal Spaghetti Grits	Shredded cereals Flaked cereals Puffed cereals Whole grain or enriched breads and flour.

FATS AND OILS

Butter	Bacon
Margarine(Vitamin A added)	Salt pork
Lard and hardened	Cod liver oil
Vegetable fats.	
Olive, corn, cotton seed oil.	

Eat additional foods in moderation to satisfy appetite and to provide energy -- not to take the place of foods already listed in the plan.

REGIONAL NUTRITION ADVISOR
FOOD DISTRIBUTION ADMINISTRATION
Great Lakes Region